



The IRON MAN

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IRON FIREMAN MANUFACTURING COMPANY, PORTLAND, OREGON

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IRON FIREMAN Buys War Bond Quota in 36 Hours

I. F. men and women know there's a war on. In 12 minutes short of 36 working hours they voluntarily bought, through cash sales and payroll deductions, \$72,000 worth of bonds (maturity value).

I.F. Plant 1 and 2 employees not only share honors with Gunderson Brothers for being first of Portland's war industries to reach and top their Fourth War Loan goal, but, also, as far as is known, are first to reach their goal voluntarily.

Les Mugg, bond sales campaign chairman, lived up to his promise made at the January 19th rally when he declared: "You're going to be on your own. No one is going to tap you on the shoulder and ask you to purchase bonds. Let's see if we can't make our goal voluntarily." *I. F. Could and Did!*

Vice-President Sammons Congratulates Workers

Congratulations and thanks for so effectively making the plant quota for the 4th War Loan. Doing it by the volunteer method you used makes it both unique and inspirational. Nothing on earth can beat a people with such spirit! On to victory!

E. C. Sammons, Chairman
Oregon War Finance
Committee.

Circle: Les Mugg, war bond campaign chairman.

Upper left: Tool crib trio, l to r—Elnore Johnson, Carrie Corder, and Beulah Lowe, sang at bond rally.

Lower right: Bert Mills, concert pianist from mills and shapers, played blues songs at the bond rally. He also accompanied soloist Frank Daugherty.

First Teams to Reach Goals:

- ★ First: Team 8—Tool Room and Crib.
- Second: Team 5—Valve Machining and Assembly.
- Third: Office.

★ More than pleased with the splendid record are Les Mugg, Harold Gowing, Bill Huntley and Bob Chambers, all members of I.F.'s 4th War Loan campaign committee. They want everyone at I.F. to know that their whole-hearted cooperation in making the drive a success will never be forgotten.

★ Special appreciation goes to Eleanore Ellefson, Jean Venohr, Donna Lee Ford, and Kathryn DeVaney who received war bond subscriptions and made out the bonds in such a pleasant and very efficient manner. Bond purchasers said it was a pleasure to buy bonds from these charming girls. Take a bow, gals.

Get on the Bond Wagon

... the 4th War Loan Does Not End until Feb. 15th ...
Only 38.6% of employees bought extra bonds to make our quota of \$72,000.



1. Joe Dardis blows a sweet trombone, accompanied by his orchestra.
2. Dance chairman Wayne and Mrs. Morris dance cheek-to-cheek.
3. Mrs. Adolph Olson and Ed Hoffmeister enjoy a dance when "caught" by cameraman Ray Kalechnik.
4. Mr. and Mrs. Wayne Strong (left), and Mrs. and Mr. Otto Pitts share the camera spot.
5. Part of crowd: In immediate foreground, left to right, unidentified couple, Mr. and Mrs. Ted Kinney, Phyllis Yeater and escort Art Hugel, and Mrs. Lief Nelson and Rolly Dryden.



Flower Fund Dance

Rainy weather last Saturday night didn't stop a good-sized crowd of I.F. shop and office workers and their friends from having a good time at the Flower Fund dance at Norse hall. Special visitors were a score of service men from the 29th Engineers' base, who seemed to enjoy dancing with I.F. girls who came unescorted because their boy friends or husbands are elsewhere serving with the armed forces.

Reports are that, between contributions and Flower Fund dance ticket sales, the Flower Fund has grossed in excess of \$500.

Wayne Morris, dance chairman, and Bill Aplanalp, Flower Fund chairman, are unanimous in declaring "The dance was a success. The Flower Fund treasury is full again. Many thanks to everyone who sold tickets or contributed to the fund."

Wayne Morris says he'll arrange more dances any time enough I.F. folk want them—and it isn't necessary to wait until the Flower Fund finances are low again to do it either.

Manager: "Why are you so late?"
Office Boy: "I fell down when I was about to leave for work."
Manager: "Well, that shouldn't have taken long."

Machine Repair Gang Says Goodbye to Bill Weiss

The machine repair gang showed Bill Weiss, who was leaving for military duty, how much they thought of him January 13th when they presented him with a fitted utility case, complete with hair brush, comb, nail file and other essentials. Elmer Knight made the presentation in fine style. Herman Reisbick, Bill's foreman, gave him a Bible, and told him that he hoped it would be a comfort to him when he might at times be a little lonely for his home and loved ones; that it had been of much comfort to other boys in the service when they were under fire; that he hoped, however, Bill would never need a Bible to help him through such a crisis as that. Bill expressed his grati-

Bill Weiss



tude to the machine repair crew, and promised that when they got in the Army he, as a staff sergeant, would be considerate of them if they were inducted into his company, and not give them too much k.p.

Overheard in the Office

Alice Savage of the accounting department left I.F. so as to be with her husband, Lieutenant I. E. Savage, Jr. who was transferred to another state.

Our new mail and file clerk is Estella Bogner. Why is La Vena Osborne referred to as "notorious"?

I.F. now has a "Suicide Battalion." Mary Stuart, Belle Fontaine, and Jean Venohr tried skiing at Mt. Hood a week or so ago. All had a good time despite hangovers of bruises, aching legs and arms.

Helping out in the bond department during the Fourth War Loan Drive is Kathryn De Vaney.

Wilma Rasnick and Bob Jack of I.B.M. announced their engagement January 15th. The wedding will be sometime in February when Wilma's brother will be home on furlough.

Ask Bernece Byers how it feels to be a "father."

Flowers Sent to:

Flower Fund Committee Report:
Mrs. Anna B. Wynkoop.....First Aid Department
Fred Walker.....Drill Press Department
Karl J. Straub.....Maintenance

Ed Capps much improved

Ed Capps is slowly recovering from the serious injuries he suffered in a plane crash December 7th. Plans are to transfer him from The Dalles hospital to his home in Portland some time next month. His I.F. pals chipped in with enough money to buy him war bonds totaling \$175.

Rhoads writes from South America

South America.

To Whom It May Concern:

I have been receiving the *Iron Man* regularly since I arrived in South America, and the plant paper is really appreciated, as it gives a lot of news that I wouldn't otherwise receive.

It makes a person feel that he has the folks behind him to read about them going to the blood bank and doing their bit, besides the parts that they manufacture at work. As to the war bond drive there it is going over the top, as can be expected of the people at home.

One of the main reasons for writing this letter is to inform you of another change in my address. My address is now:

C. E. Rhoads AMM 2/C
N.A.F. Box BB
%FPO. Navy 119
New York, N. Y.

Thanks a lot,

(Signed) C. E. Rhoads, AMM 2/C.

EDITOR'S NOTE: Rhoads worked in I.F.'s automatics department.

Wolfe received rating

In the December 2, 1943 issue of the *Iron Man* appeared a story and picture concerning James Wolfe. The statement was made: "His excellent grades have brought him one of the 10 commissions offered students." PFC Wolfe sent us an air mail letter from Camp Haan, California, to straighten us out on this. He says "I was not offered a commission. I was given a rating as chief radar operator, and the two are entirely different." We apologize for our error, Jimmy, and are still very proud of you.

Who Relieves Your Aches and Pains?

By B. H. Johnson, No. 690 Tracker
Who relieves your aches and pains?
Who bandages your cuts and sprains?
First Aid!
When your head aches and you're full of chills
Who dishes out the soothing pills?
First Aid!
When you're feeling low
And think you're about to blow
Who cheers you up and lets you know
They won't have you feeling low?
Why! It's our good old First Aid Department!

IRON MAN

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Associate Editors — Lenore Gillam, E. E. Ashenbrenner,
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Henry Thomsen	Day	Kay Fralick	Office
***		Anna Hohnstein	Office
June Postal	Swing	Lola Millicci	Office
Walter Seiler	Swing	Helen Williams	Office

Staff Photographer — Kenneth Short
Jokes — Kay Fralick

Help yourself and Uncle Sam

Help yourself and Uncle Sam by eating right. It can be done despite the ration rules that cramp everyone's style more or less when it comes to the fine art of eating. Here are some helpful hints as outlined by the Homemakers Bureau of Cornell University:

EAT FOR HEALTH

EAT a hearty lunch every day to help to keep you in top-notch physical condition, to make you feel like doing your job and "playing ball" with your fellow workers.

IF possible, use whole-wheat bread. If you use white, be sure it is enriched with vitamins and iron. The slight extra money you pay is well worth the extra pep you get.

KEEP your vision clear by eating plenty of green and yellow vegetables and fruits, salmon, and liver. These foods contain the vitamin A needed for good eyesight.

MAKE your lunch so hearty that it provides a large part of your day's need for vitamins, minerals, and proteins. The lunch falls in the middle of your work day, and you need a good one to help you carry on. A good lunch is a good investment.

INCLUDE fruit in your lunch every day, such as an orange, apple, peach or banana. Fresh or canned tomatoes and oranges help to protect you from scurvy.

DRINK plenty of milk even if you feel that it is expensive. Remember it has many times the food value of any other drink.

PEANUT BUTTER, liver, eggs, salmon, cheese, pork, ham, beef, and chicken are muscle-building foods. Get one or two of these in your lunch every day. They will help to increase your capacity for work.

PLENTY of water every day helps to flush waste products from the body. If you sweat a lot, drink extra water and eat extra salt to prevent fatigue.

GET plenty of rest and fresh air. Chew your food and eat slowly. Eat lunch with company you enjoy. Remember, no matter how good your lunch, it cannot give the best results if mixed with dirt and bacteria.

LEARN about food values. Regulate your diet and thus enjoy good health and live to a ripe old age. You will have little trouble with constipation if your meals contain the vitamins in good meat, milk, and bread, as well as the roughage of vegetables and whole-grain cereals.



VICTORY VITAMINS

3 Guesses . . . Who is this?



Radar is Marvelous

Dear Mr. Gowing:

Please note my change of address. My present correct address is at the end of this letter.

I enjoy the *Iron Man* very much but it certainly makes me homesick. I hope there will be room for me at Iron Fireman after the war because I never enjoyed working in a place more than I did there. I would certainly like to visit the shop sometime, but I can't get a leave and have never had one since I joined the Navy. I'm not kicking though, because the boys who have seen action deserve the leave a lot more than I do, and my time will come.

Since the ban has been lifted on the word "Radar" I can say that I am working with it, and am glad to say that we have the best Radar in the world, but I can't go into the subject any further. War is a pretty horrible thing, but it brought out Radar, which in time will save far more lives than will be lost during the war, and there seems to be no end of its possibilities.

Sincerely yours,
R. A. Fox, A.R.T. 25C
C.A.S.V. 7 %F.P.O.
San Francisco, Calif.

EDITOR'S NOTE: Richard Fox worked in our lathe department until he left May 24, 1942 for service with the Navy.

They Want to Come Back

Those boys who made the supreme sacrifice for us had wives, sweethearts or families. They wanted to come back and take up the threads of living again, to see their families and friends and do the things they used to do. It isn't easy to face a horde of barbarous killers and know you may not come out on top.

We here at home do not have to face the deadly weapons of actual warfare. We have not been called upon for such a sacrifice. Why, then can't we do without and deny ourselves to back those heroic boys? It can be done and if we are to keep our pledge to them—it must be done.

BUY MORE WAR BONDS



Here are I.F.'s current swing shift sharpshooters. Ken Short caught up with them January 13th when they were firing at the Portland Rifle and Oregon Gun Club rifle range at 52nd and Sacramento, near Sandy boulevard. L. to r., front row: Bob Bowles, Will Shepherd, E. J. Simpson, Harold De Pew, Bert Miller. Back row, l. to r.: Boots Kirby, George Haehlen, Leo Cartledge, Otto Jorek.

Iron Fireman Employees Invited to Civic Recreation Center

Iron Fireman employees and their families are invited to participate in a varied program of sports and recreation held weekdays and evenings at the Portland Civic Recreation center, formerly the Turnverein, S.W. 13th and Main Streets. There is no charge for participation in swimming, badminton, pingpong, billiards, bowling, gym., and additional activities.

The Portland Athletic Association, of which Harold M. Gowing is president, stages a double-header basketball game every Thursday, and fans see some fast action in these contests.

The following schedule of events has just been released:

- MONDAY**
12:00 to 2:00 Men's volleyball.
3:00 to 5:30 Grammar school students, basketball, table tennis, swimming, tumbling.
6:00 to 10:00 Men's program—apparatus, weight lifting, badminton, table games.
Women's program—swimming, reading room, dancing.
- TUESDAY**
3:00 to 5:00 Grammar school age level, swimming, gymnasium, badminton.
6:00 to 7:30 Women's volleyball, badminton.
6:00 to 10:00 Swimming, table tennis, cards (mixed group).
- WEDNESDAY**
10:00 to 11:00 Women's conditioning and dance class.
11:00 to 12:00 Child rhythms (3 to 6 years).
3:00 to 5:00 Grammar and high school swimming and tumbling.
7:00 to 8:00 Beginning tap (adults).
8:00 to 10:00 Social swimming and badminton.
8:00 to 9:00 Social dance instruction (adults).
- THURSDAY**
12:00 to 2:00 Men's volleyball.
3:00 to 5:00 High school swimming.
Grammar school tumbling, basketball, table games, etc.
6:00 to 10:00 Adults and high school swimming instruction, apparatus, weight lifting, badminton, table games, etc.

- FRIDAY**
3:00 to 5:00 High school swimming instruction, badminton, table games, etc.
6:00 to 7:30 Women's gymnasium.
7:30 to 10:00 Social badminton and swimming.
7:30 to 10:00 Beginning high school dance instruction.
- SATURDAY**
10:00 to 11:00 Child rhythms (3 to 6 years).
11:00 to 12:00 Beginning tap (6 to 9 years).
12:00 to 1:00 Beginning tap (9 to 11 years).
1:00 to 2:00 Folk dancing.
- SWIM INSTRUCTION**
Monday through Friday from 3:00 p.m. to 10:00 p.m.
Saturday 10:00 a.m. to 5:00 p.m.
10:00 to 11:00 Beginning class (6 to 10 years).
11:00 to 12:00 Beginning class (10 to 14 years).
1:00 to 3:00 Advanced swim (grammar school students).
3:00 to 5:00 Social swim.
- GYMNASIUM**
10:00 to 12:00 General sports for boys and girls.
3:00 to 5:00 Badminton instruction.
3:00 to 5:00 Free play.

The building is open at all times for general meetings, parties, dancing, etc. For complete information call the Recreation Office, Atwater 6141 or the Portland Civic Recreational Building, Beacon 7810.



Will Shepherd, left, and Leo Cartledge both shot 10 consecutive bullseyes January 13th, and were the first of I.F.'s current sharpshooters to do so.

Pushers Lead Bowling League

The Pushers team are pushing ri ahead and are still in the lead of the day shift bowling league. The Cherry Pickers, however, are only two games behind. Third are the Expediters, the team that is always close to the top of the list. The City Slickers team had a bad night on January 10th. The records show that the team suffered not less than 80 misses during the evening.

On September 27, 1943, 15 weeks ago, Ted Kinney bowled a 235 game, and he has been wearing the crown ever since. Several good games have been recorded since then, the closest to Ted's being Terry Lowry's and Adolph Olson's 233 scores.

As of January 24th, the league standings are as follows:

Team	Won	Lost
Pushers	32	19
Cherry Pickers	30	21
Expediters	26	25
Bums	25	26
Snipers	24	27
Graveyard	23	28
City Slickers	23	28
Super Men	22	29

Team	Single Game High
Snipers	996
Super Men	988
Cherry Pickers	985

Team	Three Game High
Cherry Pickers	2862
Bums	2828
Snipers	2804

Team	Three Game High
F. Hansen	595
T. Kinney	583
E. La Fortune	574